



Energy Treatment Leaflet

INSTRUCTIONS AND RECOMMENDATIONS

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The following should be kept in mind when undergoing therapy using Psychosomatic Energetics (PSE):

It can lead, in its initial stages, to vivid dreaming. According to Psychosomatic Energetics theory, dreams can be viewed as guideposts that point to new pathways which the soul would like to take, and to call your attention to something important.

The drops cannot cause allergic reactions, since they are so highly diluted—however, the body might increase excretory action such as diarrhoea, perspiration or skin reactions. These phenomena are generally harmless and fade away on their own after a few days. During this phase, make sure to drink plenty of fluids and maintain a balanced lifestyle (get plenty of rest, sleep and relaxation). Energy treatment involves mental exertion—and any mental exertion is strenuous. Therefore, you might feel a higher than normal need for rest and relaxation: give in to this feeling and treat yourself to more rest!

Your symptoms might continue despite treatment. Some complaints and symptoms might also grow stronger for awhile, particularly in the first one or two weeks of therapy. This is no reason to discontinue treatment—on the contrary, our experience with PSE says that this is normal and an indication that the therapy is working. If symptoms improve at first, only to return later, you should contact your therapist for advice.

For a few patients, a single treatment series is enough; most patients, however, will need at least two or three treatment cycles (usually lasting 2-4 months). Sometimes, the treatment will take more than 12-16 months to show any effects.

If you react very strongly to the drops, you can take them diluted in water instead of full strength on the tongue (roughly, the daily dose in a pint of water) or, after discussing it with your therapist, temporarily reduce the dosage.

OUR GENERAL RECOMMENDATIONS FOR PSYCHOSOMATIC ENERGETICS THERAPY

Our experience treating many patients with Psychosomatic Energetics (PSE) has revealed the following proven points:

- Treatment should be performed, if at all possible, by a certified energy therapist (see our online therapist list or contact Rubimed). These therapists have undergone years of intensive training, testing and continuing education, and they represent the assurance of high-quality therapy that conforms to the rules of our method.
- We ask you to be guided by this brochure and to follow your therapist's advice. There are numerous books dealing with the method that you might also find helpful (i.e. regarding issues such as the Central Conflict, character types and specific conflict themes).
- You should not discontinue therapy prematurely. Often, treatment takes 8-12 months or more.
- Coordinating it with your therapist, any necessary conventional medicine diagnosis and therapy should be performed in parallel or continued. This of course also applies to necessary psychiatric and behavioural therapeutic procedures. Psychosomatic Energetics does not consider itself to be in competition with established methods, but rather an adjuvant (complementary).
- Our therapeutic method calls for continuous taking of the recommended homeopathic compound remedies at the standard daily dose (12 drops twice daily for adults, or six drops twice daily for children). In the event of a strong reaction, the daily dose of 24 drops can be added to a bottle of water and drunk in sips throughout the day. This also applies as a precautionary measure for hypersensitive people.
- Recording and storing our remedies on other carriers (bioresonance) has proven empirically to be ineffective over the long term. We therefore strongly recommend against this practice.
- Our homeopathic compound remedies can be safely taken in conjunction with coffee, peppermint (toothpaste) etc.
- Our homeopathic compound remedies should not be stored in the vicinity of strong electromagnetic sources (telephone relay stations, microwave ovens, loudspeakers etc.). For proper storage, the same rules apply as those for sensitive electronics (avoid excessive heat or cold, etc.). On the other hand, plane trips, luggage checks and bar code readers do not usually impair their effectiveness.

- It has been our experience that accompanying classical homeopathy is no problem, since these two therapeutic approaches are based upon different operational mechanisms.
- Should PSE therapy be interrupted briefly (for a few days or one to two weeks), this normally does not present a problem.
- If you have any other questions, or if anything is unclear, you can confidently get in touch with your PSE therapist.

We wish you a speedy recovery and a successful outcome!